

## Terms and Conditions

### Restrictions

If you have a heart condition, severe circulatory disorder, epilepsy, diabetes, high/low blood pressure, cancer, taking medication for any medical condition or are pregnant, please seek advice from your GP before booking a treatment.

You will not be able to receive a treatment if you have an infectious disease, fever or high temperature, deep vein thrombosis, recent surgery or haemorrhages

If you are in any doubt, please speak to your GP.

### Cancellations

Please give at least 24 hours notice should you need to cancel your appointment.

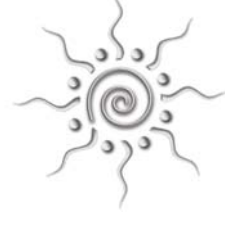
### Payment

I accept cash or cheque. Cheques must be accompanied with a valid guarantee card. Please make payable to Nicola Silverson.

**NICKY SILVERSON I.I.H.H.T**  
**MOBILE HOLISTIC**  
**THERAPIST**



**Silverson Therapies**



**SILVERSON THERAPIES**

**Phone: 07790 225973**

e-mail: [nicky@silverson.net](mailto:nicky@silverson.net)  
[www.silverson.net](http://www.silverson.net)

**Treatments for Women**

## Treatments and Price List

### **AROMATHERAPY MASSAGE - 1 ½ HOURS**

This is a relaxing gentle massage whereby essential oils are chosen and blended to suit the individual clients needs.

This treatment seeks to restore the balance between your body's mental, physical and spiritual health.

£35

### **SWEDISH BODY MASSAGE - 1 HOUR**

This full body massage can help ease tension, increase joint mobility and relieve aches and pains. It can alleviate the symptoms of stress and promote a peaceful night's sleep.

£25

### **BACK, NECK AND SHOULDERS - 40 MINS**

This treatment concentrates on those areas of the body where muscle problems occur most.

£20

### **REFLEXOLOGY - 1 HOUR**

Reflexology is a natural way of healing the body. It is based on the principle that there are reflex areas on the feet which correspond to all of the glands, organs and parts of the body.

By stimulating these reflexes, imbalances and energy blocks can be detected. This will enable the body to achieve an equilibrium so that all the organs work in harmony with each other.

£30

### **REIKI - ½ - HOUR**

A natural energy healing therapy which originates from Japan. Reiki uses universal energy for the purpose of stress relief and relaxation. Negative energy, that can trigger illness and emotional problems, is replaced with positive energy. This can enable your body to restore its natural balance and produce a feeling of well-being.

£20

## About Silverson Therapies



Whether you want to indulge in a relaxing and revitalizing treatment or are seeking a remedial solution, then Silverson Therapies will be able to help you.

I offer a range of Holistic Therapies such as Reiki, Reflexology, Aromatherapy Massage and Swedish Body Massage.

All these treatments are carried out in the comfort and privacy of your own home.

I provide the couch, the oils and the towels. All you need to do is take the phone off the hook, relax and enjoy...

The main aims of the treatments are to:

Achieve a balance between the mind, body and spirit needed to maintain your health and well-being

Accelerate recovery time from illness

Counteract the effects of stress

Reach a state of total relaxation

## Information

### **COVERAGE**

I work within an approximate 15 mile radius of Rustington

### **BOOKING AN APPOINTMENT**

I can be contacted Monday to Saturday between 09:00 and 19:00 to book an appointment or to discuss any queries you may have.

If I am not available to take your call, please leave your name, telephone number and a short message and I will get back to you as soon as possible.

### **TREATMENT TIMES**

Treatments are given in the evenings and at weekends.

### **CONSULTATIONS**

At your first treatment, please allow an extra 20 - 30 minutes to complete a consultation form. This ensures that the treatment is adapted to suit you and to make sure that you are able to receive the treatment. (see restrictions overleaf).



## SILVERSON THERAPIES

**Phone: 07790 225973**

e-mail: [nicky@silverson.net](mailto:nicky@silverson.net)

[www.silverson.net](http://www.silverson.net)

